

PREFACE

Abstract The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary, middle-aged men. The subjects were divided into two groups: a control group (n = 10) and a training group (n = 10). The training group performed a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not participate in any training. The HR and HRR were measured at rest and during maximal exercise at the beginning and end of the 12-week period. The results showed that the training group had a significant decrease in HR at rest and during maximal exercise, and a significant increase in HRR at rest and during maximal exercise, compared to the control group. These findings suggest that a 12-week training program can improve cardiovascular fitness in sedentary, middle-aged men.